Healthy Gay 90s for Gays, Lesbians, & Bisexuals

This course will consist of four independent seminars, each concentrating on a specific cancer-related health care issue. Emphasis will be on prevention and early detection methods. Some seminars will relate specifically to women's health care, others to men's, others to both. Please include course fee with registration.

These seminars are run by the Lavender Project, a Gay and Lesbian health care project of Presbyterian/St. Luke's Medical Center.

Course 15 Course Fee: suggested $5 donation to GLCCC
Thursdays: Feb 4,18, March 4,18 6:30 pm - 8:30 pm

Speaking Out Against Homophobia

Amendment 2 has demonstrated the urgent need for all of us to confront homophobia. Speaking out is empowering -- but in a climate of ignorance, bigotry, and fear, it is also difficult. This class will help you to speak assertively and knowledgeably about Gay and Lesbian issues. Whether you want to be prepared to deal with homophobia in the workplace or to speak out at community forums, this class will help you express your outrage and communicate your truths. Come empower yourself! Please include course fee with your registration.

John Hayden and Kerrie Dallman coordinate the GLCCC Speaker's Bureau.

Course 16 Course Fee: $10 donation to GLCCC Speaker's Bureau
Thursday: Feb 11 7 pm - 10 pm

Writing Your Way Out: A Workshop for Gay and Lesbian Teenagers

Just coming out? How are people reacting? How are you reacting? Words can shape and define these issues and provide a valuable record we can look back upon in years to come. This workshop will be a safe place to explore the coming out experience -- through poetry, fiction, essays, journal entries, plays. You choose the form. We'll provide the forum.

Jeffrey Lee Hammond is a Gay man and a professional screenwriter who has sold nine feature length motion picture screenplays to various Hollywood studios. The class will be co-facilitated by a Youth Services Facilitator.

Course 17 No Course Fee
Thursdays: Feb 11,18,25, March 4,11 6 pm - 8:30 pm

Dance Magic

Is it magic when some people are so in tune with each other that they seem to float across the floor? Are you too embarrassed or shy to ask someone to dance? If you're tired of watching others dance through the stardust while you watch from the sidelines, come experience the magic by learning the basics of being a good dancer. We'll learn the two-step, three-step, waltz, and swing; participants can learn to lead, follow, or both. Course A is for beginners. Course B is for intermediate level dancers who already know how to two-step.

Debbie loves to make magic on the dance floor.

Course 18-A (Beginner) 6 pm - 7:20 pm
Course 18-B (Intermediate) 7:30 pm - 8:30 pm
Mondays: Feb 1,8,15,22, March 1,8 Course Fee: $30

Wave Your Tail

Come fly with me in Cheesman Park! We will spend an afternoon flying kites and enjoying the springtime. Afterwards we will adjourn to Lickety Split for ice cream, hot chocolate, and conversation. Bring your own kite and string and bring stories of "the kite that got away" to share. For this class, please include course fee with your registration.

Some of Yvette's fondest memories are of windy, spring days.

Course 19 Course Fee: $2 suggested donation to the GLCCC
Saturday: March 13 (raindate: April 3) noon - ?

Healing Oneself

There is a solution for EVERY ailment! Discover how total healing involves body, mind, and spirit. Learn to employ happiness and positivism as dynamic contributors in the improvement of your health. Explore natural and enjoyable methods for increasing your energy and your ability to heal yourself.

Bernie DeCoke, previously a mental health therapist, is now a practicing naturopathic doctor whose personal experiences with physical illness served as the necessary incentive for finding ways to regain health and well-being.

Course 20 Course Fee: $12
Tuesday: Feb 9 6:30 pm - 8:30 pm

Self-Protection Against Hate Crimes

There are things you can learn today that will make you safer when you go out tonight! Individuals of all ages and physical abilities can learn practical, easy to use self-protection techniques. In this course you will discuss, watch, and practice self defense strategies and techniques specially designed for the type of assaults most often perpetrated upon Lesbians and Gay men. Your class fee helps support the Anti-Violence Project; please include this fee with your registration.

Marte McNally has taught self-defense for 2 years. She has worked with the Rape Assistance and Awareness Program for 9 years and is their Director of Victim Services. Zakkary Zoah is on the staff of the GLCCC's Anti-Violence Project and is a member of the Mayor's Gay and Lesbian Advisory Committee.

Course 21 Course Fee: $25 Donation to GLCCC
Sundays: February 21,28 10 am - 5 pm

Living the Life You Want

Now is the time to make real changes so your life is what you want it to be! This class will assist you in making your dreams become reality, whether you're interested in a career move, buying a home, or aligning your daily living with your personal values. Learn tools to clarify what it is you really want, to create an environment of support and encouragement, to work with fears and negative thoughts, & to set up a workable plan to achieve your goals. If students are interested, this class can be a springboard for an ongoing support group for fulfilling your dreams.

Molly has a Master of Science Degree in Clinical Psychology, has been redesigning her own life plan, and belongs to an ongoing lifestyle support group.

Course 22 Materials Fee: $10 (optional) Course Fee: $25
Mondays: Feb 1,8,15,22, March 1 7 pm - 9 pm

Lavender University

The Gay & Lesbian Community Center of Colorado
Location: 1245 E. Colfax, Suite 125
Mailing: GLCCC-LU, P.O. Drawer E, Denver, CO 80218
Phones: 831-6268, 837-1598 V/TTY

Lavender University is sponsored by the Gay & Lesbian Community Center of Colorado (GLCCC). We offer non-degree classes taught by and for Lesbians, Gay Men, and others who are Gay and Lesbian friendly. All members of Colorado's Gay and Lesbian communities are invited to learn and to teach with us. For more information, call the GLCCC.

Registration and Fees

Please mail or bring your completed registration form to LU at the GLCCC (address above). **Registration must be received by January 18th, but some classes will fill quickly so register early.**

Registration and Course Fees: Please include your nonrefundable registration fee of $3 if you are taking one class, $5 for two or more. Make your check or money order payable to GLCCC. This fee helps to cover our costs and supports the GLCCC. You will pay course and materials fees, if any, directly to the teacher at your first class meeting. **Please DO NOT include the course fee with your registration unless otherwise noted in the course description.**

Class Locations: A few days before classes begin, you'll receive a call from the instructor telling you where your class will be held.

Accessibility: We wish to make our classes accessible to all, but we require as much advance notice as possible. If you have any special needs, please call the GLCCC and leave a message for LU.

Registration Form

Name_____

Address_____

_____

Phone_____ Should messages be discreet?____

Course #__ Course Title_____

Course #__ Course Title_____

Course #__ Course Title_____

I've always wanted to take a course on _____.
I've always wanted to teach a course on _____.
Would you be interested in helping distribute our catalogues?_____
Where did you get this catalogue? ☐ bar ☐ bookstore
☐ GLCCC ☐ friend ☐ organization ☐ mailing other_____
The GLCCC helps to make Lavender University possible, and our course catalogues are mailed to all GLCCC members. Would you like to receive information about GLCCC membership? ☐ yes ☐ no

LAVENDER UNIVERSITY

A Lesbian & Gay Learning Experience

COMING OUT TO PARENTS
DANCE MAGIC
SPEAKING OUT AGAINST HOMOPHOBIA
EXPRESS YOURSELF!
EFFECTIVE PARENTING
AND MORE...

WINTER COURSES 1993

REGISTRATION DUE JANUARY 18

Brought to You By
The Gay & Lesbian Community Center Of Colorado

Coming Out to Parents

Since the passage of Amendment 2, many of us have made a commitment to being as "out" as we can be. Coming out to parents can be the scariest -- but also the most rewarding -- part of tearing down that closet door. This class is designed to help: come hear loving, supportive parents from PFLAG share the "Do's" and "Don'ts" of coming out to parents. The workshop will include small group discussions to allow attention to individual circumstances. The workshop fee includes PFLAG materials for both you and your parents, and a donation to PFLAG.

This workshop will be conducted by PFLAG (Parents and Friends of Lesbian and Gays) parents experienced in talking with Gay and Lesbian people about the "coming out" process.

Course 1 — Course Fee: $3-$5, sliding scale
Sunday: Feb 7th — 2:30 pm - 5 pm

Introduction to Aikido

Aikido literally means "the way of harmony with ki." It is an effective and precise system of self-defense, but its purpose reaches far beyond this to align mind, body, and spirit to universal principles so that one lives and acts in harmony with all things. The movements are smooth, circular, and do not rely on physical strength. This class will give you a taste for the principles and movements we utilize in the martial art of Aikido, without actually executing the throws. We will practice techniques for synchronizing breathing with movement, basic footwork, and opening movements for responding to a grasp to the wrist.

Suzane Coronis Van Amburgh has practiced Aikido for ten years and holds the rank of first degree black belt.

Course 2 — Course Fee: $15
Thursdays: February 4, 11 — 8 pm - 9:30 pm

Using Our Mouths: Revolutionary Poetics

This will be an opportunity for Lesbian and Gay poets and poetry lovers to gather together and share our work, our ideas, our voices. The facilitator *and* participants will bring poetry expressing revolutionary themes such as Lesbian/Gay liberation, feminism, racial politics, disability rights, environmentalism, economic exploitation/ economic justice, anti-imperialism, and any other aspect of radical social and/or personal change. We will hear the work of poets like Audre Lorde, Grace Paley, Essex Hemphill, Alice Walker, Judith McDaniel, and Langston Hughes, and then we will nurture our own work. The emphasis throughout the course will be on the oral performance of poetry.

Laura Hershey is a poet, writer, and activist who has self-published two poetry audiotapes and one poetry chapbook, and has performed her poetry throughout the U.S. She has been published in Sinister Wisdom, Lesbian Contradiction, The Progressive, Lesbians in Colorado, Disability Rag, and The Journal of Progressive Human Services, among others.

Course 3 — Class Fee: $7.50
Tuesdays: Feb 2,9,16,23 — 6:30 pm - 8:30 pm

Introduction to Massage (for Men)

Learn the basic strokes of Swedish Massage and share this relaxing, nurturing experience. Each class will focus on one section of the body (the feet and legs, back, face and neck, arms and hands, chest and abdomen). This hands-on, non-sexual massage class will show us ways to better health and to being more comfortable in our bodies.

John is a graduate of the Institute of Psycho-Structural Balancing in Santa Monica and has been in private practice for 8 years. He has taught in both Los Angeles and Denver.

Course 4 — Course Fee: $35
Wednesdays: Feb 3,10,17,24, March 3 — 7 pm - 9:30 pm

Express Yourself!

All artists draw what they feel and see. This class will bring out your artistic abilities without imposing any restrictions on your creativity. We will work in graphite and paper and will stretch our skills through a variety of exercises including spontaneous drawing and outside ventures. The class will culminate in an exhibition at the instructor's gallery; all proceeds will go directly to the artists.

Sherry E. Allen is a native of Denver and has been a professional artist for 20 years. Sherry owns her own art gallery and is the owner and founder of Inner City Expo, a nonprofit arts organization dedicated to helping emerging artists.

Course 5 — Course Fee: $60 (includes supplies)
Thursdays: Feb 4,11,18,25, March 4,11,18,25 — 7 pm - 9 pm

Effective Parenting

Successful parenting takes time, energy, and a great deal of love and self-confidence to guide and motivate children. This course will provide a structure for parents to understand and manage their children's behavior through the establishment of consequences and positive reenforcement. Particular aspects of Gay and Lesbian families will be discussed, such as coming out to your children, dealing with your children's possible homophobia, and helping your children talk to their friends about their two mommies or two daddies. Single and couple Gay/Lesbian parents welcome. (Reduced rate available for couples.)

Barbara Armendariz, M.S.W., is a licensed social worker experienced in child and family therapy, parenting groups, and Lesbian coming-out groups.

Course 6 — Materials Fee: $12 — Class Fee: $30-$60, sliding scale
Wednesdays: Feb 3,10,17,24, March 3,10 — 6:30 pm - 8 pm

Lesbians Eating Out

Tired of trying to find a date on Friday night? Looking for somewhere besides smoky bars to meet women? Join other hungry women as we sample the tastes of Denver! We will visit four different restaurants on alternate Fridays; entree prices will range from $5 to $10. No lectures, no exams, and no stress: just a relaxing evening dining out. For this course, please include course fee with registration.

Robin enjoys eating out with others.

Course 7 — Course Fee: $5 donation to the GLCCC
Fridays: Feb 12,26, March 12,26 — 7 pm - ??!

Psyche's Lamp: Consciousness and Dreams

By attending to our dreams we can become aware and alive to the whole of our minds. This is an experiential class using a variety of techniques to discover the wider possibilities of consciousness and of the self that is you. For some this class may open whole new worlds of possibilities, while for others it may provide the next step in their continuing search for meaning and greater awareness.

Bruce Anderson is a teacher, artist, and writer who has spent many years studying dreams, myth, Jung, Campbell, Mindell, Gurdjieff, and many others.

Course 8 — Course Fee: $30 - $45, sliding scale
Wednesdays: Feb 10,17,24, March 3,10 — 7 pm - 9 pm

The Elephant Under the Rug

This class will offer Lesbian couples practical strategies for dealing with the after-effects of childhood sexual abuse. The workshop will explore not just how it feels when your relationship is affected by the abuse, but what you can do as a couple to minimize the effects. We will use experiential exercises to learn about loving boundaries, safe expression of anger, negotiation, and healthy support. For this class, please include the course fee with your registration.

Joanne Steinwachs, M.S.W., has worked in the field of sexual abuse since 1985. Although she is not a Lesbian, she worked for over two years at the Montrose Counseling Center, a counseling center by and for the Gay & Lesbian community of Houston. At MCC, she developed an outpatient treatment program for Lesbian survivors, led incest recovery groups for Lesbian survivors, and developed and led workshops on sexual abuse for Lesbian survivors & their spouses/lovers/partners.

Course 9 — Materials Fee: $2 — Course Fee: $5 donation to GLCCC
Saturdays: Feb 6,13 — 9 am - noon

"The Course in Miracles"

"Miracles are natural. When they do not occur something has gone wrong." Is this true in your life? If not, are you ready to explore a text that will challenge your belief systems? Are you ready to explore a new understanding of what it is to be a spiritual being? For eighteen years, The Course in Miracles has been helping people change their view of the world from a negative outlook to a positive one.

Alana follows no particular pattern of religious belief. She has been studying The Course in Miracles for seven years. Her intention for this class is that it will be challenging and fun!

Course 10 — Course Fee: $15 - $25
Mondays: March 1,8,15,22,29 — 7 pm - 9:30 pm

Introduction to Holistic Spirituality

There are many paths of spiritual evolution. Most mainstream religions deny our full spiritual heritage. This class will present an overview of many ideas -- karma, reincarnation, creative visualization, astrology, energy chakras, crystals, and meditation. For this class, please include the course fee with your registration.

Earl Nissen is a curious person who enjoys gardening, reading, laughing, and learning from life. He truly knows that one of his reasons for existing is to share the joy of life and love with others.

Course 11 — Course Fee: $10 - $15 donation to the GLCCC
Saturdays: March 6,13 — 10 am - noon

Contact Improvisational Movement

Contact Improvisation is a loose, unstructured movement expression that sprung out of modern dance technique in the early 1960s. It focuses on establishing and building connections between movers by utilizing weight and gravity to develop a stronger sense of personal and interpersonal space in relation to others. We will discover new ways of knowing and moving in our bodies. No previous dance experience is expected or necessary. Men and women welcome.

Ryan Kennedy first discovered contact improv during his undergraduate study and immediately fell in love with the form. He loves to dance and move and is currently working on his masters degree in Dance/Movement Therapy at the Naropa Institute in Boulder.

Course 12 — Course Fee: $20
Mondays: Feb 1,8,15,22, March 1,8,15,22 — 7 pm - 8:30 pm

Effective Communication: A Class for Women

"Communication is the single most important aspect of relationships" (Virginia Satir, family therapist and peace activist). You can create healthy and successful relationships -- in your personal as well as your professional life -- by learning communication tools that will enhance all your endeavors. In this course you will learn to get your needs met without damaging your relationships, to gain confidence in being authentic and direct, and to listen and respond to others' needs and feelings rather than react out of your own defenses. You will also experience a method of resolving conflict in which everyone comes out feeling like a winner! Register with a friend or partner and receive a $25 discount together. This class qualifies for professional educational reimbursement.

Meg Paccione is a teacher with eight years of experience working in relationship communication and conflict resolution. She brings an enthusiasm and humor to the class that will keep you energized and motivated.

Course 14 — Materials Fee: $25 — Course Fee: $75
Thursdays: Feb 11,18,25, March 4,11,18,25, April 1,8 — 6:30-9:30 pm

Healing and Transformation Through Movement & Dance

Movement and dance are naturally occurring within and among each of us all of the time. During our daily lives and our relationships with others we are continuously engaged in a "dance" of beginnings and endings, giving and receiving, allowing and standing firm. In this class we will become more familiar with these interactional patterns and begin to play with them in a safe and fun way through the use of contemplative awareness practice, contact improvisational and "authentic" movement techniques. The emphasis of the class will be on finding new ways and rediscovering old ways to know and be in contact with our selves and others.

Ryan Kennedy has danced for the past ten years and is currently working on his masters degree in Dance/Movement therapy. He loves to dance and believes that through the use of movement and other expressive arts we are able to rediscover and reclaim lost ways of communicating and engaging with our selves and others.

Course 13 — Materials Fee: $5 — Course Fee: $45
Sundays: Feb 7,14,21,28, March 7,14,21,28 — 7 pm - 8:30 pm